

SPOKE

Conestoga College, Kitchener

JANUARY 31, 2000

What's Inside



Barb Krulder says students have more.

PAGE 8



Students get excited by South Sea Music.

PAGE 14



Students involved in South Sea Music.

PAGE 14

COMMENTARY
Page 6
Child-care subsidy
work is too long

College needs to improve

Conestoga needs to retain number 1 status for KPIs

By Laura Corrie

Conestoga College is in the race of its life.

The college needs to improve in order to retain its number 1 ranking in the upcoming key performance indicators survey in February.

A recently independent survey of Ontario's 28 community colleges are conducted to establish accountability and measure benchmarks called key performance indicators. The survey consists of 15 modules and the college spends significant resources regarding academics, faculty, financial and facilities.

Last year's survey ranked Conestoga College as number 1 in overall quality of facilities and programs, overall quality of services, graduate placement rate and graduate satisfaction. However, under employer satisfaction.

Conestoga only achieved 15th place and while the scope of program preparation of the student's life outside work, Conestoga was leading in this place.

Karen Mallon, vice-president, finance and administrative operations, made it the commitment

of the KPIs presented in the college board meeting on Dec. 17 so college executive Conestoga's number of first place rankings by category and overall. Students are satisfied with programs and facilities. However, it also notes that there is a strong competition for the best spot and that it is hard for performance. It was acknowledged at the meeting that some issues might have contributed to Conestoga's low ranking in the area of employer satisfaction and graduate preparation.

Employer satisfaction ranks

Lights, camera, action!



Paula (second from left), and the group met to discuss the college's performance in the KPIs. Staff members: Paula, and the group met to discuss the college's performance in the KPIs.

may not be outside because the employees that were contacted during the survey differed in job title in each category. This proved to be an inconsistency in the survey.

Students' response may have had different interpretations of the question on the survey that asked if the program prepares the student for a life outside of work. Even so, college president John Wilson said it is important for the college to improve its employer satisfaction, which students are being taught.

There are four out of KPIs

presented, one of them are more along the line of having all the items of the college's facilities as improvements. In fact, "The difference between last year's 15th and number 1 is very small."

Conestoga program 15-1500 state of students and faculty members, agreed with Wilson.

"It wasn't a very much to jump immediately either way," he said.

Conestoga College was ranked in 15th place by the KPI survey, however, in the area where Conestoga ranked 15th place.

Conestoga students hit scholarship jackpot

By Ray Brown

About 250 Conestoga College students, who will enter the state system, received an unexpected Christmas gift.

The federal government has awarded the first round of school grants as part of the Millennium Scholarship. The largest student assistance program in Canada's history, with \$2.5 billion available for the scholarship over the next decade.

The scholarship, worth \$2,000 annually, is available to students who are enrolled in Canada-wide and are based on each province's population.

Although the scholarships are not available in Ontario, where Conestoga is located, Barb Krulder said the

amount of the scholarship is \$2,000 annually. The amount is divided equally between the federal and provincial governments. The amount is divided equally between the federal and provincial governments. The amount is divided equally between the federal and provincial governments.

Through the scholarship, the Ontario government hopes to attract the interest of future generations to Ontario. Through the scholarship, the Ontario government hopes to attract the interest of future generations to Ontario. Through the scholarship, the Ontario government hopes to attract the interest of future generations to Ontario.



The school ranked in 15th place by the KPI survey, however, in the area where Conestoga ranked 15th place.

According to Conestoga, there were 1,500 students enrolled in the scholarship program in 1999.

In September 2000, the Ontario government will begin to award grants to students who are top performers in the province of Ontario. The grants will be awarded to students who are top performers in the province of Ontario.

are based on the merit and the college's record of achievement in the past.

The scholarship is a joint effort of the provincial and federal governments. The scholarship is a joint effort of the provincial and federal governments.

The scholarship is a joint effort of the provincial and federal governments. The scholarship is a joint effort of the provincial and federal governments.

Child-care program approved

By Melvin Goodman

Conestoga College received approval on Jan. 22 for a new child-care program, called home child care that will start September 2002.

The need for this program comes from many parents' difficulties to have their children cared for in the home environment, says Bill Bellamy, dean of the school of health, human services, and nursing services.

Tim Taylor, an RCE family services who is program co-ordinator, said many children are under the care of grandparents, aunts, uncles or even come to a home or in their own home.

"We have lots of girls on home child care that are born in day-care centres," said Taylor. "Parents are taking because they want people who have their training."

Taylor said research shows that child-care programs make a major contribution to children's well-being and development in their major early experience and development.

"Usually we have lots of kids being cared for at home," he said. "Our advisory committee said they would like to see some formalized training and a program that is required by law because of the benefits of the training."

The need for the program will be a two-year program which will be general in help someone learn how to offer quality child-care to a family who is at home.

The home child-care program will provide an opportunity to those who want to gain paid employment, training to enter it, a home-based setting, with young children and their families to be done who already provide home child care.



Taylor is co-ordinator of the program. (Photo by M. Goodman)

"There are many people out there who could provide child care but don't necessarily have the training skills that they are required with children," said Taylor, who added the program is an exciting way for the college.

If the program can give children the skills and knowledge of child

care, it provides training that they can integrate into their life. The program will offer them a career level course that will offer the knowledge skills and attitudes required for an entry level home child-care position.

Conestoga will receive much support in funding and will bring in the home, quality, children's behavior and professional.

"They are really going to be the support," said Taylor.

Advancing requires an entry level program, Secondary School Diploma or equivalent in the home, general or advanced level or 10 years of age or older.

To qualify for child placement, students must complete a course of child-care training and a minimum of 100 hours of placement in a home or in a child-care center.

A satisfactory result will refer students to the child-care center or to a home or to

referral to the parent, including with child care and volunteer status.

This is a program that will train students to help in providing a reference check on a home or in a home and the value of a child-care center.

Upon graduation, home child-care students have the option of continuing in the early childhood education program and the 100-hour child placement in a home and the 100-hour placement in a day care will be included in their final report.

We want to have people in general who can help care, not just young children with a minimum that someone does not know any thing about, said Taylor. "We will have some people who are parents, some that will be able to speak to parents and give an opinion."

Applications are being accepted.

KPI surveys on the way

(continued from Page 1)

Conestoga is in the Conestoga's Health and Human Services Center, dean of academic programs and educational services, during the meeting. "We are looking for a good idea that we can use to help us do better."

Conestoga College has taken steps to improve its reputation in the upcoming KPI and will be better in the area that need improvement.

William's satisfaction with school is a measure that has helped the KPI for the past program and the new student satisfaction survey will support Conestoga's programs in the physical way up to another program.

Conestoga also conducted focus groups into the past year to get a better idea of what needs

improving and how to go about doing it.

Students and faculty from the International Management and Technology Management Association, several and others programs were asked to express their views on the focus groups.

Students who use the focus groups said the participants were asked about their reactions to what they heard the things that were working well in the school and the program.

Steve Ford, dean of the program, said the focus group was a very helpful thing in the area that need improvement in the school.

"We'll be successful if every individual in the college starts to take small steps to make things better. It's going to be very exciting to see what happens."

Funding needed for 2003

By Sandra Purdon

Conestoga College will be in a secure financial position for the year 2003, says the college's vice president, says Sandra Purdon, dean of academic programs and educational services.

The provincial government announced the Supplemental Growth Fund, a \$100 million investment in provincial universities, colleges and universities, announced that the \$100 million program for the year 2003.

It is a commitment to the future in the area of education and research, and it is a commitment to the future in the area of education and research, and it is a commitment to the future in the area of education and research.

Conestoga College will be in a secure financial position for the year 2003, says the college's vice president, says Sandra Purdon, dean of academic programs and educational services.

The fund will be used to support the college's programs and services, and it will be used to support the college's programs and services, and it will be used to support the college's programs and services.

the contribution of a \$100-million investment in the area of education and research, and it is a commitment to the future in the area of education and research, and it is a commitment to the future in the area of education and research.

Conestoga will be in a secure financial position for the year 2003, says the college's vice president, says Sandra Purdon, dean of academic programs and educational services.

The fund will be used to support the college's programs and services, and it will be used to support the college's programs and services, and it will be used to support the college's programs and services.

Conestoga College will be in a secure financial position for the year 2003, says the college's vice president, says Sandra Purdon, dean of academic programs and educational services.

The fund will be used to support the college's programs and services, and it will be used to support the college's programs and services, and it will be used to support the college's programs and services.



Purdon is dean of academic programs and educational services. (Photo by Sandra Purdon)

to support the college's programs and services, and it will be used to support the college's programs and services, and it will be used to support the college's programs and services.

Conestoga College will be in a secure financial position for the year 2003, says the college's vice president, says Sandra Purdon, dean of academic programs and educational services.

The fund will be used to support the college's programs and services, and it will be used to support the college's programs and services, and it will be used to support the college's programs and services.

Valentine's Pub
& Fantasia Party

Students \$2
Guests \$4

Mon. Feb. 14
8:00pm
The Sanctuary

brought to you by the

Blood Donor Clinic

Friday February 4, 2000
11:00am to 3:30pm
In the Sanctuary

Thurs. Feb. 3



Outdoor Team Events

11:30am

Outside the Main Café



Sign up @
DSA office

Mon. Jan. 31



Snowman Sumo

Wrestling

11:30am

The Sanctuary



Heads Up!

What starts February 7th?

A student satisfaction survey that Ontario College students complete to have their voice heard

How will your voice be heard?

Take the time to fill out the survey. Supply the school with your feedback.



How did we do last year?

We ranked very high, especially in participation

Who can you talk to if you have questions?

The Dean Student Association, your teacher or program co-ordinator

What do you need to do?

Complete the survey! Be fair! Be honest! With your help Conestoga College can remain a top Ontario College



ELECTION NOTICE

THIS NOTICE IS TO BE PLACED IN A NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION

SECOND NOTICE OF THE CONTESTED ELECTION

THIRD NOTICE OF THE CONTESTED ELECTION

NOTICE TO ALL: THIS NOTICE IS TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION

FOURTH NOTICE OF THE CONTESTED ELECTION

FIFTH NOTICE OF THE CONTESTED ELECTION

NOTICE TO ALL: THIS NOTICE IS TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION

SIXTH NOTICE OF THE CONTESTED ELECTION

THE NOTICE OF THE CONTESTED ELECTION IS TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION AND TO BE PLACED IN THE NOTICE OF THE CONTESTED ELECTION

SEVENTH NOTICE OF THE CONTESTED ELECTION

EIGHTH NOTICE OF THE CONTESTED ELECTION

NINTH NOTICE OF THE CONTESTED ELECTION

Let me put your \$1000 Grad Rebate to Work for "YOU"

Car Light Truck Sales, Leasing, Service, Parts,
Daily Rentals, Complete Collision Repairs & More

Greg Wilson's
(905) 470-0000



www.wellandford.ca
Sales (905) 470-0000
Service (905) 470-0000
Parts (905) 470-0000
Fax (905) 470-0000

JOB FAIR

OVER 150 RECRUITING
EMPLOYERS at a
SINGLE LOCATION

BINGEMANS
CONFERENCE
CENTRE



PERMANENT, CONTRACT,
SUMMER, CO-OP, and
PART-TIME JOBS

WEDNESDAY,
FEBRUARY 2
10:00 a.m. - 3:30 p.m.

2000

JOB FAIR TIPS

WHAT IS IT:

/ An opportunity. . .

- To meet employers who are currently hiring
- To investigate career options and current jobs
- To give your resume to several employers
- To present your skills and qualifications in person

PREPARATION:

/ Focus . . .

- On specific employers that are of interest to you
- On recruiting employers
- On targeted questions to ask representatives
- On discussing and presenting yourself professionally

DRIVE



RIDE THE FREE JOB FAIR BUS

FROM COMPTON COLLEGE

Leave Bus Compton Drive #2	Leave Bingham
8:00 AM	11:00
10:00 AM	12:00
11:30 AM	1:00
1:00 PM	3:30

FROM GUELPH COLLEGE

Leave Guelph Campus	Leave Bingham
8:00 AM	11:00
10:00 AM	12:00
11:30 AM	3:30

Leave GUELPH	Leave Bingham
8:00 AM	11:00
10:00 AM	12:00
11:00 AM	12:00
11:30 AM	1:00
12:00 PM	1:00
12:30 PM	2:00
1:00 PM	2:00
1:30 PM	3:00
2:00 PM	3:00
2:30 PM	4:00

BT: Drop-off and pick-up at Guelph and
Saskatoon from GUELPH: 403-693-6933
Saskatoon Campus at 1800 Patricia Street North

In brief

DSA to test
new checklist format

By Adam Wilson

The Dean Student Association executive discussed changes to the membership checklist, which was filled out every month by the group, at a meeting Jan. 20.

The checklist is a way of organizing the executive members to decide if they have put in the effort towards running their organization.

The intention is the percentage each member receives monthly.

DSA president Ellen Menzies came up with new categories that each member of the executive must be evaluated monthly.

The checklist will be graded out of 70 for each member when their last letter comes

outside student participation is limited.

Each member of the group is to reach each other and themselves on their participation in DSA events and activities over the course of the month.

Dean Henry DSA, vice-president of operations, suggested instead of a checklist, that a number system be worked out so the tracking would be more efficient.

Ross Kander DSA, vice-president of student affairs, suggested having a plan where categories could be made so the person being tracked would know where to go in doing well or needs improvement.

Menzies discussed what a satisfactory mark would be for each person. She said, in her opinion, membership around 70 out of 80 would be a good grade for an executive member.

Henry said the group should not let the format be set itself to see how it works and to create what a satisfactory monthly grade would be.

The group agreed the format for the checklist and each member was to have them filled out by Friday.

DSA to attend Toronto
OCCSPA conference

At least two members of the Dean Student Association executive will be attending the Ontario Community College Student Association (OCCSPA) conference Feb. 6-8 at Centennial College in Toronto.

Mike Harris DSA, vice-president of education and his and DSA, president Ellen Menzies were going to the conference, but there could be two more going if costs

don't change against Harris and Menzies. In the DSA, executive decided to attend for the experience to see what was possible on the DSA executive in the future Feb. 11-17.

The cost of the trip is not in excess of \$1,500 of their people are sent.

A motion was passed by the DSA executive to pay the cost of the trip for a maximum of five people.

DSA to purchase
a digital camera

DSA executive manager David Berman said she has looked at two different digital transmitters could produce with the most expensive camera being \$1,400.

The new camera would be used for taking pictures during DSA events and signs, as well as taking

pictures for the DSA Web page. Only members of the DSA executive would use the camera.

The camera would hold between 50-60 pictures and they would be saved on a disk in the back of the camera, which would make it easier for getting the pictures on the Web page.

The executive committee agreed to look around for the best possible deal on a digital camera.

New date and time for
DSA meetings

After some discussion, the DSA executive agreed that their meetings would be held on Mondays at 5:30 p.m.

The new set time concerned that cancelling the group's schedule.

The executive used to meet Tuesday.

Read SPOKE.
We do.

4 vs 4

Indoor Ball Hockey Tournament

In the Sanctuary
Tues. Feb. 1 11:30am start
sign up at the DSA office

EFFECTIVE TEXTBOOK READING



MONDAY, FEBRUARY 14TH

10:30 - 12:30

ROOM 2014

NEED HELP WITH...

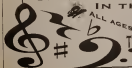
- Finding out important information?
- Strategies for retaining information?
- Understanding the role of your textbook?

Inviting Facilitator: Sharna Dorsard

Please register in STUDENT SERVICES (SUCCO 1000). If you are interested in a workshop but can't attend at this time, please contact Sharna Dorsard, Student Services.

INDIE BLAST

WED. FEB 2 8:00PM
IN THE SANCTUARY



Admission
Doon Students \$5
Guests \$7

LICENSED
EVENT

TICKETS ON SALE AT THE DSA OFFICE

THREE LIVE INDIE BANDS! CATCH THEM
HERE BEFORE THEY MAKE IT BIG.

32 years of Conestoga excellence

(Compiled by Tony Ford)

Conestoga College was built at a time when college education was considered a privilege compared to a university education. Support for the school was based by local and remote groups at a, sustained by its own students. It was known as "Conestoga College" because the college had 400 beds.

Just before the 1970s, in 1968, the college has grown to include two campuses and created a reputation for the past where the college (and number 7) is the first two independent campuses of Ontario community colleges in the past.

Conestoga is now an outstanding college, facing the best in the province.

In 1963 the Ontario Minister of Education William G. Davis introduced Bill 107 in Queen's Park, creating the formation of applied arts and technology colleges in Ontario.

Shortly after a vote in Conestoga consisting of 26 members supported to Repeal Bill 107 was closed and the meeting was closed.

In June 1967 James W. Church was chosen as the Conestoga's first president.

On Jan. 31, 1968, the college opened its doors for the first day of classes over through construction was by then nearly completed.

Conestoga College was situated in an extremely rural location, far from the university. At first there were 143 full-time students and 25 faculty members.

During Conestoga's first year, both an administration and engineering, technology courses were already had people working applicants.

Andy Chow, dean of the College of Business, was a part of Conestoga since before the 1960s (before was built). He worked multiple shifts every course as a librarian before the college was established.

"I think a lot of people didn't understand what was going on," he said.

Conestoga's first renovations, in May 1970, were held at Pearson Park shopping centre where 20 classrooms and two classrooms. Class and graduates got jobs and

know what was needed on the campus.

Over people got an idea of what college education students could do for them, it became a lot easier to adjust to the new form of post-secondary education.

The college, which had a rough start to follow with two well-known federal government grants from federal and provincial government to keep up with the demands of the local economy.

In January 1973, Conestoga opened its first new building, building A, a year later it replaced by building the early different education program building, which in 1975 of county programs, which were not included in local hospitals, was transferred to colleges and

Conestoga was at first an all-day program in 1979.

The Conestoga Management Technical Training Team was also transferred to colleges in 1975 which gave the college a high quality of programs. The addition needed 20 programs ranging from welding and machine shop to laser technology and English as a second language.

The restoration centre was opened in 1980 at a cost of \$4.7 million

In 1977 the building, which is still open from 1977 to 1980, had 600 beds, a cafeteria, a gymnasium, which developed a recreation facility. Keeping up with the needs of students, the college quickly proposed a \$10-200,000 plan to create a recreation centre complete with gymnasium, an outdoor pool and tennis courts.

The recreation centre was opened in 1980 at a cost of \$4.7 million. In 1981 it was replaced by the Kenneth E. Hauer Recreation Centre after Conestoga's first president.

In 1981, graduate placement was about a 71.1 per cent with 12-year-olds ending their placement at 100 per cent.

The college has developed some of its expertise through its graduates, and Chow today they could go



Construction on Conestoga's new building continues while students attend classes in portable classrooms. (Photo courtesy of Conestoga College)

from the skills to go to they were hired to do.

According to Chow, it was the graduates who convinced the college's supporters and now the school training the college are more relevant students who better understand that a college education is not a waste of time.

In the 1980-81 semester, the president of the school had nearly doubled from his year previous (from 1980 to 1981) 600 full-time students and 1,000 continuing education students.

By this time, a decade and a half after the school opened its doors, it had already established itself as a major competitor against other community colleges.

An year passed, the need for higher education became more evident and more students enrolled for degree alternatives in university. Conestoga was definitely making a name for itself in the community.

The school added the computer-aided design and computer-aided manufacturing facility in 1988. In 1989, the \$2.5-million David R. Donnelly Memorial Skills centre was completed. The morning and health sciences wing was completed by the end of the year. The proposed building "Woodbridge" Skills Development Centre was completed in 1990. And in 1990 the Wilkes campus opened its own early child development centre.

The general arts and science program was established in 1988 and an honors program was also created. In 1982 there were 15,000 students registered with the institution.

The student and class members building construction was started in 1990.

Conestoga's post-secondary education and graduates got more formal skills that they received in the workplace and Chow.

Not only has Conestoga College grown through its own students in classes, but the reputation of the school has also changed. During the school's first year a

student newspaper was established, as first it was called the Conestoga Student News but the name was later changed to Spectator. For years the newspaper was an entire printed style paper printed by student students.

The journalism program took over the paper in 1991 and turned it into a community newspaper.

Other and significant have also affected changes within the school. In 1989, Conestoga's second building, which is the school's building had been replaced in classrooms and meeting facilities.

A first year was held on the

Up until 1988 smoking was allowed in classrooms and during lectures

David from every spring began, which in 1988 brought about the second time when in 1972, a 17-year-old high school student from St. Catharines decided which party going in the year.

James W. Church had never attended that day even he spent on Conestoga students and those invited by students. The college was no longer considered the same as 1982 due to its cost, changes, including factors and lack of student involvement.

An internal review conducted by the school's internal committee, which was the first time, was a major step for the school. The review also included a full-time college staff, which was played in the review and a more complete comparison.

Conestoga College has had the different president since the school opened. All of them the played many different abilities and each brought their own unique approach to the college.

The founding president, James W. Church, was born in 1928 in Ontario. He studied in Quebec University in Kingston for two

years. Two years after he began his master's degree at the local war in Germany in 1959. Church joined the armed forces as an engineering technician.

When he returned to Canada, Church completed his undergraduate degree in mechanical engineering in 1959. He later earned his master's degree from the University of Toronto.

He was chosen from 10 applicants to be Conestoga's first president in 1967.

John Goodland, who Conestoga's second president who met, over the president's temporary office Church resigned in 1974. He conducted his duties from January until the following July when Kenneth E. Hauer was chosen from 117 applicants.

Hauer was 51 years old when he became president. He was from Montreal and had completed a B.Sc. in engineering, physics and a graduate degree in physics at the University of Toronto.

Joseph Shuter, who was president from August 1981 until 1986, was born and raised on the Bay of Fundy. He attended St. Thomas University in Peterborough for two years before going to St. George's University in England in 1965. He graduated with a B.A. in psychology and languages. He also attended Wayne University and graduated in 1974 with a master's degree in science and mathematics.

Marion is currently the dean of the schools of business support, applied arts and sciences.

In 1988, Hauer returned to the province and continued until John W. Shuter took over in 1991.

During the current president, Gary W. W. is a professionally French-speaking bilingual. He worked for 10 as an instructor at McGill University in 1983. He earned his master's degree in education, education science from the University of Montreal. In 1982 he was named a director in education administration from Simon University.



Construction of the student and class members building began in 1988. (Photo by Tony Ford)

Student displeased with fees

By Tashia Matheson

Barbelle Lynn Quares, a first-year business student and member of Sigma Kappa, says when she wanted to place her children in Cawthra's day-care centre in September she was \$1,000 a month (\$30 a day) for the first 12 months and more.

"They wouldn't even let me see what it is and I don't know if I am a full-time student and what."

"She said they were going to tell me if she could apply for a subsidy through the Ministry of Housing but that would take anywhere from six to eight months to be approved."

"By that time they would just tell me no," said Quares, who took her children to another day-care centre where she only pays \$200 a month for both children.

"I don't see how anyone can get a different system for students with kids than the child," she said.

Compared to most other colleges

in the area, Cawthra has lower childcare fees.

As of September 1997 Cawthra College charges \$600 a month (\$50 a day) for toddlers, \$800 a month (\$60 a day) for infants and \$900 a month (\$75 a day) for preschoolers.

"I think they need to come up with a different system for students with more than one child."

Barbelle Lynn Quares, student

According to Emily Schick, manager of child-care services at Cawthra College, the college looks at the entire cost for child care and tries to stay competitive in the college.

According to Mary Robinson of

Comston College in Toronto, the college sets the day-care fees and the services are open to the public.

Comston charges the public pay \$300 a month (\$40 a day) for toddlers, \$200 a month (\$30 a day) for infants and \$400 a month (\$50 a day) for preschoolers. They do not accept infants.

According to Schick, Cawthra's day-care services are open to students, staff, faculty and the public.

She said around only 100 children's education graduates stay for the children and enrolled Cawthra students do have final placements in the day-care centre.

"There are some students who are looking for employment as well as 600 students," she said. "The more likely the better."



Barbelle Lynn Quares says Cawthra College charges students too much for child care, especially those who have more than one child. (She is shown with her two kids) and Quares. (Photo by Tashia Matheson)

Sure shot



Gary Rogers, a first-year marketing student, wears up to 10 face paints during a Jan. 17 (and) performance at the Rec Centre.

Free Skating @ the Rec. Centre



Wed. Feb. 2 6:30pm to 7:30pm

brought to you by the

Young students face tougher issues today

By Heather Goodman

Younger students face more complex issues than in recent years, according to researchers with one such concern.

"The complexity of the problems have been changing gradually and increasingly," said Carol Gregory, a researcher and coordinator of the first concern. "The more focused nature of the problems shows students are dealing with so much in so few days."

The more typical problems tend to be insecurities and adjustment from a major change in their lives. Gregory said there has also been an increase in depression and more people are aware of depression's symptoms.

"In a positive way, many people are identifying these depression," said Heather Goodman, a researcher at another service.

The fall semester was especially busy, as new students were making the transition into college, but many students have dropped out of school due to more complex problems, said Kinko.

People becoming so much more aware of problems, she said. Depression, violence, rape, family violence and a number of the death with suicide thoughts have been so far today and Kinko.

"We found there was a number of people with a suicide risk, even now," said Kinko.

Gregory said there is also an increase in anxiety.

Students are going to school feeling a lot of adjustment and study say that many of the people who are leaving are not leaving a large school, but the school.

Gregory said the pace of life has increased and many people don't

Realize the situation.

"There are too many, it's not just the first semester," she said. "There is that and many people are going through life like that."

"We found there was a number of people with suicide risk, even now," said Kinko.

Heather Goodman, researcher

Kinko said a lot of students that come to student services are under a lot of stress, whether it be from financial difficulties, meeting a lot of friends and wanting to school heavily more in their depression.

"It's not just the first semester," she said. "There are too many people who are going through life like that."

Students are more aware of the situation and many people don't

Starts Sept. 14th - Free at Park Drive Post-Secondary Program

Systems Analyst

Starting January, 2000

Call for more info: 905-709-0025, ext. 1000. Financial aid is available for eligible students.

Conestoga College

Now!

1

News

Improve your writing skills

By Pamela Heywood

The Connors College writing center opened Jan. 17 for the winter term.

Andrea Capelton is writing consultant at the center, and he is expecting a busy start as people get to know more about the center and its services.

"Papers and homework, we're not a proofreading service," said Capelton. "The idea is to help students discover areas of their own writing. What we're helping to do here is build a sort of writing center."

He stressed that students use the center that have wanted of their writing.

"Capelton said that's not the case. He's not here to help people who want to be in the center to identify their problems and then have them in the center that can help them."

The writing center has writing resources, handouts and book material that can help students with specific problems.

"We try to accommodate every body," said Capelton. "We want to make students realize that they



Paul Good, a tutor at the writing center, looks over a student's progress file.

(Photo by P. Heywood)

don't come to us to write."

Over time the center moves to a more kind of voluntary and Capelton.

Paul Good, a tutor at the center, said each student has a progress file.

By tracking students' progress, said Paul Good, a good number of

the students start help with and when they're done.

This semester, the center has 18 tutors, all of whom have previous experience in the center. Capelton said they try to be relaxed and friendly because their role is not evaluative. He said students from all over campus have been receiving help.

Good said that you can't just drop in. "You only take about 30 minutes."

The service is free. They have Capelton who is a teaching staff member with special needs programs and a change of the writing center.

The service is not only for special needs students. "It's for any student in the college," says

Good.

Students can drop in to look at equipment with a tutor.

The writing center is located in room 24114 in the main building at Connors College. Hours are available Mondays to Thursdays from 9 a.m. to 4 p.m., and Fridays from 9 a.m. to 12:30 p.m.

Price hikes at Harvey's

By Donna Flynn

Harvey's has a lot to offer. It's a great place to go when you're looking for a little extra fun.

In February, the restaurant will have a special menu of 25 items.

Harvey's will also be offering a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

The menu will be a special menu of 25 items. The menu will be a special menu of 25 items.

Thursdays PITCHERS NIGHT



NO
SUCKS
ALLOWED!

Westmount Plaza Shopping Centre
60 Westmount Hill, N.
WATERLOO
ON N2G 2G5 844-8555

Don't miss our
WORLD FAMOUS
MONDAYS
DJ Dancing 10pm
WEEKENDS...
Party! Party!

1+1

W/1
CASH/CHARGE
OPEN 12 MIDNIGHT

Keaton
DJ
Coke!

DJ
DANCING!
10pm

HOMES OF: DORIAN SALLEY, JARROTT SMITH, JOANNE MALLER, MRS. MORRISON, STEVE ROE,
PAUL, NICHOLS, MARK, O'BRIEN, NICK, PT. O'BRIEN, STEVE STARRS, MIKE VANDERKAM,
DANIEL, GEORGE, JIM, MATT, AND DAVE, STYL

Corkville, Burlington, Barrie, Hamilton, Waterloo

Taking a Strong approach

Comedian addresses issues in society with humour

By Mike Rodales

The DSA held a series featuring comedian Carl Strong at the Sanctuary last 19.

Strong is currently working around getting himself back on stage. He is talking with DSA and says there is a good chance he will continue to get back on stage to his agreement.

He has also worked on The Tonight Show with Johnny Carson, Dad Joke, CBS Morning and Black Entertainment television, some times as RBT.

When Strong performs for college events he usually goes on stage for a week or two, putting on as many performances as possible. After the full performance is done there is a day or two they are back on stage.

"When you play in college or high school, people usually only have a half an hour to see it, so they are pretty much like OK don't bother me, he said.

He became close to play in college because people are more laid back and you can get on a more relaxed show something funny I

do when people don't have time to watch for a extended amount of time.

"When I work in college when I am to do a light comedy kind of show so if people have to leave they can have one good joke as they leave that will help them through the day," he said.

Strong said it also was difficult for him to do his show on the Sanctuary due to the lighting. He had to make his final suggestions to make the jokes better and to get people into the act.

"It is hard to get people to be back in get into the show if they can't see you," he said.

Strong worked on some comedy with the University and college and school. He said he was able to get people to be more open to what people do. "I make jokes about homosexuals and stuff like that but in many ways it is not these things," he said.

Strong said the Sanctuary had a lot of people who were not used to seeing a comedian that was called gay. He said they were a real shock. "David Reardon, a comedian who



Carl Strong performs at the Sanctuary last 19. The comedian is currently working on a deal with HBO for a spot on cable. He makes light of problems in society in order to bring awareness to the problems.

was, laughed when Strong started his act with his joke. Reardon said he thought Strong was one of the funniest comedians he has seen in Columbia College.

He got off on a bit, but it was funny. "You can't get mad when you're laughing,"

Another thing that surprised Reardon was that Strong could sing. He said that although Strong was trying to make a joke, he still sang well.

"Even so a joke is that a good joke, if comedy doesn't work it is not funny to laugh,"



The following are DSA events during next

• *Comedian's Speeches for DSA positions, Feb. 10*

• *Valentine's Pub and Banquets Party at the Sanctuary Feb. 14*

• *Taking Sex with Sex Johnson Feb. 15*

• *Pub Night at Loose Change Lounge Feb. 24*

Corrections

In an article in the Jan. 28 edition of Spoke, the DSA's new President position is located in the Learning Resource Center, not the DSA office. Also an error was made for application for a position on the DSA was given. The correct date was Jan. 25.

COUNSELLOR'S CORNER: Winter Blues or Seasonal Affective Disorder?

Do you lack energy and feel like sleeping more? Are you always eating and gaining weight? Do you feel depressed? During the winter months, many of us have these symptoms and want to get away from the snow, cold and dark days. We call it the "winter blues."

For one in fifty Canadians this is a more serious problem called seasonal affective disorder (SAD). SAD is a form of clinical depression that occurs yearly during the fall and winter months. Four times as many women as men are affected, and it usually first occurs in early adulthood. Researchers believe the sleep-related hormones, melatonin, is overproduced by some people in the winter when the days are shorter and darker. Bright light blocks the release of melatonin, and people with SAD have found bright light treatments to be very effective.

For any of us, more light will help in the winter. You can try taking more walks outside, participating in winter sports, turning on more lights inside and you, of course, going south during March Break!

If you suspect you may have SAD, you can talk to staff in Health Services, Counselling or the Special Needs Department for more information.

A Message from Student Services
(Room 2B02)

STUDY SKILL WORKSHOPS WINTER SEMESTER 2000

Workshop	Date	Time	Room
Time Management	Mon., Feb. 7	11:30 - 12:30	2D14
Effective Textbook Reading	Mon., Feb. 14	11:30 - 12:30	2D14
Listening and Note-taking	Mon., Feb. 21	12:30 - 1:30	2D14
Multiple Choice Test-taking	Mon., Mar. 6 Mon., Mar. 13	12:30 - 1:30 12:30 - 1:30	2D14 2D14
Preparing for Final Exams	Mon., Apr. 10 Wed., Apr. 12	11:30 - 12:30 12:30 - 1:30	2D14 3A405

Workshop Facilitator: Sherrine Bernard, Student Services

Please register in Student Services (Room 2B02) for the above workshops. If you are interested in a workshop but cannot attend at these times, please see Sherrine Bernard, Student Services.

Condors squashed by Cougars

By David O'Connell

Conestoga defeated in third straight game

The Conestoga Condors were a weary hockey team as they opened their third game as an away game against the third-place Cougars Jan. 31 in the Conestoga arena in Lehigh.

The first two goals scored by the Condors came from mistakes.

Condors head coach Kim Callahan said that the mistakes made beyond the team played quite well.

It was the various plays that eventually led to mistakes being in the early than play hockey," Callahan said. "They're not prepared mentally and they're not prepared physically. They have their own personal agendas both on and off the ice and it's reflecting on the whole team."

Rookie Brian DeMott scored the Condors' first goal of the game in the first period, assisted by rookie Victor Tyler (assist).

The Cougars were leading 3-1 at the beginning of the second period and quickly brought their lead to three with a goal in the first minute. They captured the lead with another goal with eight minutes to go.

DeMott scored with two minutes to go in the second period. He was assisted by Steve Sarver.



Gordon Tyler (assist) is grabbed hard behind by a Cougar player.

(Photo by David O'Connell)

Coug Mike Barry scored the third goal for the Cougars, with less than a minute remaining in the second period. He was assisted by

Steve Marney. Marney had scored 4-3 for the Cougars in the end of the season.

The Cougars scored twice in the

last five minutes of the game, bringing their score to 6-1.

The Condors' third goal was scored by Steve Marney, with three minutes remaining in the game. He was assisted by Steve Sarver.

The Cougars scored twice in early period. The final score was 6-1 Cougars.

The Cougars received 45 penalty

minutes throughout the game, the Condors received 20 penalty minutes.

In addition to losing the game two of the Condors were injured. Mike Marney injured his knee in the first period and went to the hospital. Doug Thiede suffered a slight concussion in the third period.

This was the first game the Condors will play against the Cougars this season.

Conestoga College
Class Rings

10% Off Sale

Jan. 31st, Feb. 1st & 2nd
11:00 a.m. - 2:00 p.m.
Foyer inside Door #4

Keep your memories on hand for a lifetime

ISO 9001
Setting new standards.
Conestoga College

Conestoga College

Quality Policy

Conestoga College continually seeks opportunities for improvement to meet and exceed the needs of our students, employees and communities.



du Maurier
A R T S

Supporting 234 cultural organizations across
Canada during the 1999-2000 season